

WEIGHTS AND MEASURES
(1800s-1900s): Always use the graduated 8 ounce measuring cup whenever the word "cup" is used, except where the small teacup (4 ounce) and small coffee cup (6 ounce) are specified. The mark *** means the item is no longer commonly used as a measure.

1 pennyweight***=	1/20 ounce	16 tablespoons=	1 cup
1 drachm ***=	1/8 ounce	1 cup=	1/2, pint
1 small pinch =	1/16 teaspoon	1 small coffee cup***=	3/4 cup
1 large pinch =	1 /8 teaspoon	1 large teacup***=	1 cup
1 saltspoon***=	1/4 teaspoon	1 small teacup***=	1/2 Cup
4 saltspoons***=	1 teaspoon	1 wineglass***=	14 cup
3 teaspoons= -	1 tablespoon	1 tumbler* ***=	1 cup
1 dessertspoon ***=	2 teaspoons	1 pint=	1/2 quart
4'tablespoons=	14 cup	4 (quarts)=	1 gallon
		1 gill***=	1/2 cup

SEASONINGS AND FLAVORINGS:
The standard measurement of these changed from ounces to tablespoons in the late 1800s.

NEVER SPARE THE PARSLEY (mid-1800s)—Of all seasonings that lend flavor to dishes that stretch from soup to sauce to salad, parsley leads the procession. It not only gives zest and flavor to foods, but it is also good for the nerves, helps sufferers from rheumatism and sits well on the stomach. Use it in as many dishes as you can and as often as possible. Our forefathers held it in high regard.*

EGG AND BUTTER EQUIVALENTS
(mid-1800s) can be found in the next table below.

EQUIVALENTS FOR STAPLE ITEMS
(late 1800s) can be found in the table below that.

ounce allspice, powdered =	4 1/2 tablespoons
ounce almond extract =	2 tablespoons
ounce cinnamon, powdered =	4 1/2 tablespoons
ounce cloves, powdered =	4 tablespoons (14 cup)
ounce curry, powdered =	4 1/2 tablespoons
ounce ginger, powdered =	5 tablespoons
ounce lemon juice =	2 tablespoons
2 to 3 lemons, juice of =	8 tablespoons (1/2 cup)
1 lemon, rind of. prated =	4 tablespoons (1/4 cup)
1 ounce mustard, powdered =	4 1/2 tablespoons
1 ounce mustard, prepared =	4 tablespoons (1/4 cup)
1 ounce nutmeg, powdered =	3 1/2 tablespoons
1 ounce orange juice =	2 tablespoons
3 oranges, average, juice of =	16 tablespoons (1 cup)
1 orange, rind of, grated =	4 tablespoons (14 cup)
1 ounce paprika, powdered =	4 1/4 tablespoons
3 ounces parsley, minced or chopped =	16 tablespoons (1 cup)
1 ounce pepper, ground =	3 1/2 tablespoons
1 ounce sage, powdered=	3 tablespoons
1 ounce salt (table), powdered=	2 tablespoons
1 ounce vanilla extract=	2 tablespoons

Mid 1800's Egg & Butter Equivalents

1 egg, raw=	3 tablespoons
10 eggs, raw=	14-16 ounces or 1 pint
18 egg whites, raw=	14-16 ounces or 1 pint
24 egg yolks, raw=	14-16 ounces or 1 pint
10 eggs, hard-cooked, chopped=	1-1/3 pints (2-2/3 cups)
1 teaspoon butter=	1/6 ounce
1 tablespoon butter=	1/2 ounce
1/2 pound butter=	1/2 pint (1 cup)
Bulter the size of a filbert=	1 teaspoon, rounded
Butter the size of a hazelnut=	1 teaspoon, rounded
Butter the size of a butternut=	1 dessertspoon, rounded
Butter the size of a walnut (English)=	1 tablespoon, rounded
Butter the size of a pullet's egg=	1 1/2 ounces
Butter the size of a hen's egg=	2 ounces

Mid 1800's Staple Equivalents

ounce baking powder=	2 1/2 tablespoons
pound beans, uncooked=	2 1/2 cups
pound beans, cooked=	11 [^] quarts
4 pound bread crumbs, white, fresh=	2 cups
pound cabbage, shredded or chopped=	4 cups
pound carrots, cooked and diced=	3 cups
1/2 pound celery, raw and diced=	2 cups
1/2 pound cheese, grated=	2 cups
2 pounds chicken, cooked, cubed or minced=	34 quart (3 cups)
ounce chocolate, grated=	14 cup
quart clams, average to small =	50 to 100
quart clams, large=	25 to 50
pound coconut, fresh, shredded=	134 quarts (7 cups)
pound coffee, coarse-ground=	4 3/4 cups

pound coffee, fine-ground=	4 1/2 cups
pound cornmeal=	3 cups
ounce cornstarch =	3 tablespoons
pound cranberries, raw or cooked=	4 cups
ounce cream of tartar=	3 tablespoons
pound flour (wheat)=	1 quart (4 cups)
1 ounce horse-radish, shredded=	2 tablespoons
1 pound meat, cooked, chopped=	2 cups
1/2 pound mush rooms, raw, sliced=	3 1/2 cups
1/2 pound onions, raw, sliced=	1 1/2 cups
1 quart oysters, small=	50 to 100
I quart oysters, large=	25 to 50
1/2 pound peas, split, cooked=	2 3/4 cups
1 pound potatoes, raw, diced=	2 1/2 cups
1 pound potatoes, cooked, mashed=	2 cups
1/4 pound rice, cooked=	2 cups
1 pound sugar, white, granulated=	2 1/4 cups
1 pound sugar, white, powdered=	2-1/3 cups
1 pound sugar, brown=	2 1/4 cups
I pound tomatoes, raw, chopped=	2 cups

TESTING OVEN HEATS BY HAND (early and mid-1800s)—Stick one of your hands into the center of a going oven and count the seconds in time with the ticks of your kitchen clock. If the hand feels uncomfortably hot in 12 seconds, the oven is *hot* (450°F.); if the heat is felt at 18, the oven is *quick* (400°F.); if at the count of 24, the oven is *moderate* (350°F.); if at 30 it is *slow* (300°F.); if at 30 or over, it is *low* or merely *warm*.

TESTING OVEN HEATS WITH FLOUR OR PAPER (mid- and late 1800s) —Spread flour over a small pie-plate and place it on the middle rack of the oven; watch the following table of time: If in 3 minutes the flour turns black, the oven is hot (450°F.); if it turns dark brown, the oven is quick (400°F.); if brown as a filbert, the oven is moderate (350°F.); if light brown, the oven is slow (300°F.); if it merely tans, die oven is very slow (250-75 °F.) This test can be conducted with a sheet of unglazed white paper also, but do not use a newspaper.

HEATING FAT FOR DEEP FRYING (late 1800s)—Gauge the heat of the fat by dropping a 1-inch cube of stale bread into it. If the cube browns in 35 to 45 seconds, the fat is hot (380°F.), as required for crullers, doughnuts, asparagus, cauliflower and some potatoes; when the cube browns in 55 to 60 seconds, the fat is about 375°F. and right for fin fish, fritters and croquettes; when the cube shows color in 65 to 70 seconds, the fat is ready for shellfish, oysters, breaded meats, French toast, onions.

HOW TO SAVE DEEP-FRYING FAT (late 1800s)—All but fat used for fish can be used again if you treat it by the following method: Put a layer of muslin in a strainer and sieve the fat while it is still hot; pour strained [at back into cleaned kettle and reheat it until a bread cube browns in 70 seconds (350°F); put a large, raw, peeled and sliced potato in the fat; remove it when a light brown. This clarifies the fat and removes all traces of taste.

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